

ik tīl pi-aaraa veesrai rog vadaa man maahi

isrlrwgumhl w 1] (21-14)	sireeraag mehlaa 1.	Siree Raag, First Mehl:
iekuiql uipAww vlsrYrguvfw mn miih]	ik tīl pi-aaraa veesrai rog vadaa man maahi.	Forgetting the Beloved, even for a moment, the mind is afflicted with terrible diseases.
ikaudrgh piq pweIAj w hir n vsYmn miih]	ki-o <u>dargeh</u> paṭ paa-ee-ai jaa har na vasai man maahi.	How can honor be attained in His Court, if the Lord does not dwell in the mind?
gīr imil AIsKu pweIAj Agin mrl gk miih]1]	gur mili-ai su <u>kh</u> paa-ee-ai agan marai gu <u>n</u> maahi. 1	Meeting with the Guru, peace is found. The fire is extinguished in His Glorious Praises. 1
mn ryAihinis hir gk siir]	man ray ahinis har gu <u>n</u> saar.	O mind, enshrine the Praises of the Lord, day and night.
ij n iKnupl unimun vlsrYqyj n ivrl yslwir]1] rhau]	jīn <u>khin</u> pal naam na veesrai <u>tay</u> jan virlay sansaar. 1 rahaa-o.	One who does not forget the Naam, for a moment or even an instant-how rare is such a person in this world! 1 Pause
j qj j iq iml welaYsrql sriq slj gu]	joṭee joṭ milaa-ee-ai surṭee suraṭ sanjog.	When one's light merges into the Light, and one's intuitive consciousness is joined with the Intuitive Consciousness,
ihlsw hamYgqugeynihl shsw sgu]	hinsaa ha-umai gaṭ ga-ay naahee sahsaa sog.	then one's cruel and violent instincts and egotism depart, and skepticism and sorrow are taken away.
gurmik ij suhir min vsYiqsumj y gur slj gu]2]	gurmuk <u>h</u> jis har man vasai <u>tis</u> maylay gur sanjog. 2	The Lord abides within the mind of the Gurmukh, who merges in the Lord's Union, through the Guru. 2
kwieAw kmix j ykrl Bgy Bgxhwru]	kaa-i-aa kaaman jay karee <u>bhogay</u> <u>bhogan</u> haar.	If I surrender my body like a bride, the Enjoyer will enjoy me.
iqsuisainhun klj el j odsl cl xhwru]	<u>tis</u> si-o nayhu na keej-ee jo <u>deesai</u> chalan <u>h</u> haar.	Do not make love with one who is just a passing show.
gurmik rvih shwgl sopBusj Bqwr]3]	gurmuk <u>h</u> raveh sohaagane <u>e</u> so parabh sayj <u>bhaṭaar</u> . 3	The Gurmukh is ravished like the pure and happy bride on the Bed of God, her Husband. 3
curYAgin invvir mru gurmik hir j l upwie]	chaaray agan nivaar mar gurmuk <u>h</u> har jal paa-ay.	The Gurmukh puts out the four fires, with the Water of the Lord's Name.
Atjir kml uplgwisAw Alimku BirAw AGwie]	anṭar kamal pargaasi-aa amrit <u>bhari</u> -aa aghaa-ay.	The lotus blossoms deep within the heart, and filled with Ambrosial Nectar, one is satisfied.
nnnk sqgrumlqkir scu pvih drgh j wie]4]20]	naanak saṭgur meet kar sach paavahi <u>dargeh</u> jaa-ay. 4 20	O Nanak, make the True Guru your friend; going to His Court, you shall obtain the True Lord. 4 20